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PEACOCK PRIDE

Official Newsletter of the Naval Postgraduate School Ombudsman
March 2013

Interim President
RADM Jan Tighe

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Colonel Zoe M. Hale, USAF

Dean of Students
CAPT Matt "Dutch"
Vandersluis

Command Ombudsman

Kate Brandt

Cell: 831-238-4394

npsombudsman@gmail.com

*The command wants family
Members, active duty, and
staff to have a contact person
for just about any questions
you may have.*

*I am available for
Emergencies
24 Hours and Non-
Emergencies
8 am-9 pm.*

*"The future belongs to those
who believe in the beauty of
their dreams."*

—Eleanor Roosevelt

March marks Spring, and that means many military families will start preparing for upcoming PCS moves. So this month's topics are helping family members deal with relocation, preparing for a move, and gathering new information about the new duty station.



In this Issue:

- ♦ From the Ombudsman / Important Numbers to Know
- ♦ Preparing for PCS
- ♦ Portable Career Choices
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- ♦ Military Spouse Owned Businesses
- ♦ Monterey Volunteer and Job Opportunities



WHO IS THE OMBUDSMAN?

Appointed by the Command, Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman is a point of contact for all family members connected to the command - including spouses, parents, and extended family members.



The Ombudsman Code of Ethics guarantees professionalism and confidentiality, within program guidelines.

Ombudsmen maintain current resource files with information on military and civilian community agencies that can help families solve a variety of problems, and successfully meet the challenges they face before, during, and after deployments. In addition to providing referral information, Ombudsmen can facilitate communication between the Command and family members. Ombudsmen may publish or contribute to command newsletters. Ombudsmen can also assist families in contacting the Command for a variety of reasons.

FROM THE OMBUDSMAN....

Dear Families,

First, I want to thank all the service members for keeping us safe. I second want to thank the families for adjusting their everyday lives to support their spouses when called upon to serve.

As always, I am here for you and your families. If you have heard of any military or family programs and would like more information, or you have a question or concern about *anything*, please feel free to contact me at **831-238-4394** or **npsombudsman@gmail.com**. Contact me and I will help you find the answers to your questions or concerns.

If it is important to you, it is important to me.

Kate Brandt
NPS Command Ombudsman



Emergency Numbers

NPS Police 831- 656-2555

NPS Quarterdeck 831-656-2441

Police - Monterey 831-646-3914

Red Cross

(831) 424-4824 (Salinas)

(831) 624-6921 (Carmel)

<http://www.redcross.org>

Military One Source

Available 24/7

1-800-342-9647

www.militaryonesource.com

DEERS

1-800-538-9552

Fleet Family Support Center

831-656-3060

TRICARE DENTAL PROGRAM

www.tricare dental program.com

TRICARE

<https://www.tricare.mil>

Navy SAFE HARBOR:

1-877-746-8563

safeharbor@navy.mil

www.safeharbor.navy.mil

Chaplain Office

831-656-2241

tphall@nps.edu

NPS Homepage

www.nps.edu

ID Card Office

(831) 656-3477 or

(831) 656-1174

PSD Office

(831) 656-1847/ 48

Your Next Permanent Change of Station: Helping Your Child Move in the Right Direction

A Permanent Change of Station can be difficult for some families. Parents can get caught up in the work of moving and forget to plan how they will help their children cope with all of the changes. With the proper planning and action, your next move can be an exciting adventure that brings your family closer together.

BEFORE THE MOVE

- **Communicate.** Allow your kids (especially teenagers) time to adjust to the fact that they will be moving. Talk about the move and give your children as many choices as possible about packing, choosing a room, decorating and maintaining contact with friends.
- **Reassure your children.** Let your children know that if they are worried, angry or frustrated you will help them through it.
- **Be positive.** Tell your children the good things that may come from this move. Be careful how you talk about the upcoming PCS. Remember, issues related to moving are temporary and everyone will adjust eventually.
- **Be a good role model.** Expressing your feelings about this change constructively will give your children a great model for handling their feelings.

DURING THE MOVE

- **Encourage everyone to work together.** Each family member will feel more a part of the move if they have specific tasks. Even young children can participate by packing their favorite items.
- **Pack separate bags for each child.** Include special items such as much-loved blankets, toys, articles of clothing and books for each child.
- **Make it an adventure. Allow time to visit special places as you travel from your former home to your new home.** Talk about what you are looking forward to doing in your new home.

AFTER THE MOVE

- **Contact the new school and schedule a tour.** Knowing where to go will help to make your child feel more confident and comfortable on the first day. Find your child's classroom, bathrooms, cafeteria and other important places.
- **Get into a routine.** To help your child feel that not everything in his life has changed, try to keep most family routines like bedtime and mealtime the same.
- **Access base, community and religious organizations for support.** They can provide a ready structure of activities, contacts and resources for the whole family. If the family was involved with similar groups before, participating in such activities in the new location can increase feelings of familiarity.
- **Be patient.** Some children will dive in, develop a support network of friends and become involved with school and activities without missing a beat. Other kids may need more time and assistance to feel acclimated and at ease. Feeling off-track following a move is temporary.

Exceptional Family Member Program Presents

SUPPORT GROUP

The Support Group meets the second Thursday of every month from 6–8 p.m. in the Army Community Service Gold Room. Free Childcare provided by Aptitude Habilitation Services until 8 p.m.

The evenings agenda includes:

Introductions 6:00–6:15 p.m. • **Presentations** 6:15–7:15 p.m.
Facilitated Support Group 7:15–8:00 p.m. • **Social** 8:00–Close

PRESENTATIONS		
SPEAKER	ORGANIZATION	DATE
Cindy Vierra	Monterey Recreation	February 7th
Stella Lauerman & Lynn Young	Easter Seals & Kearns Aquatic	March 14th
Ken Prodder	Special Needs Financial Planning	April 11th
Jennifer D'Attilio	Central Coast Language, Learning Inc., and Avalon	May 9th
ACTIVITIES		
ACTIVITY	LOCATION	DATE/TIME
*Horses, Hope & Kids	220 J San Benancio Rd Salinas, Ca 93908	Every 1st & 3rd Saturday 10:00 a.m.–12:00 p.m.
Women's Group Volunteer Meeting	Lala's Grill	1st Tuesday, Monthly 7:00–9:00 p.m.
Men's Group Volunteer Meeting	Chili's Monterey	4th Thursday, Monthly 6:00–7:30 p.m.
**Return to the Natives Planting Event	Fort Ord National Monument	February 9th 10:00 a.m.–1:00 p.m.
Swimming Activity	Patullo Swim Center	March 9th 4:30–6:30 p.m.
Museum Visit (Bring Sack Lunch)	***Children's Discovery Museum, San Jose	April 13th 8:00 a.m.–2:30 p.m.
Library Visit (Split ages 2–5 & 6–12)	Monterey Public Library	May 11th 10:30–11:30 a.m.



* Must be enrolled in EFMP and pre-registered with the EFMP office for slot allocations.

** Must RSVP to EFMP Office by February 4th. Meet at ACS prior to 9:30 a.m. departure.

Waiver to attend must be signed prior to event.

*** Attendees will meet at ACS. Bus departs no later than 8:10 a.m.

Events and times subject to change. Call before the event for the latest information.

For more information please contact Linda Moseley at 242-7960 or 242-7660
Visit us online at www.pom-fmwr.com/EFMP or www.facebook.com/presidioEFMP

A Fresh Look at Portable Careers

One of the challenges military spouses face during relocation is finding employment in their area of training, education or interest. Thankfully, portable career options have increased due to new technologies like voice over IP, virtual meeting spaces and high speed Internet. Consider the following tips and suggestions as you pursue your goal of building a portable career.

PLAN AHEAD

Review the [Industry Competency Models](#) to learn more about the foundational and technical skills and competencies critical for success in a variety of industry sectors.

Find a wealth of information on occupation groups, available positions, educational requirements, salary ranges and growth sectors in the [Occupational Outlook Handbook](#).

DEVELOP PORTABLE SKILLS

Skills used in different types of positions or occupations are considered portable. Examples of portable skills are management, technology, organizational and communication.

Skills related to your talents and interests can also be portable. Photography, culinary arts or interior design are examples. Developing skills used in positions and locations anywhere are a huge plus to finding employment and building a portable career.

CONSIDER INDEPENDENT CONTRACTING

Freedom and flexibility are often important to military spouses and choosing to work as an independent contractor, also known as consultant, freelance or self-employed, allows you to set your own hours and work for yourself. Independent contracting isn't for everyone, so do your homework before you decide to pursue this direction.

Examples of independent contracting positions include trade show or product presenter, online tutor, application developer, virtual assistant, fitness instructor, technical support, researcher and website design/development.

Investigate self-employment or independent contracting by visiting the [U.S. Small Business Association](#) website.

SEARCH FOR PORTABLE JOBS

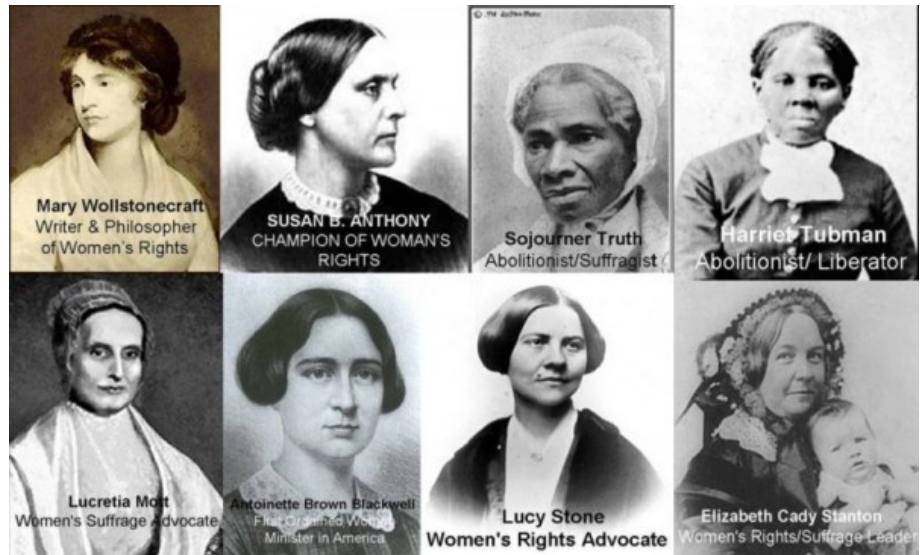
The Military Spouse Employment Partnership website lists open positions available from 162 MSEP employment partners all focused on offering portable career opportunities to transitioning military spouses. A number of MSEP partners offer virtual jobs in customer service, legal, accounting, counseling and a range of other positions. Others have facilities across the country making it easier to continue your career path with the same organization as you transfer to new locations.

Visit the [Military Spouse Employment Partnership](#) website to learn more about partners and available jobs. Make sure to identify yourself as a military spouse when you apply for a position with a MSEP partner company, either in your cover letter or when you're asked where you heard about the position.

Be sure to check out the jobs that are available through the local Monterey MWR Office as well as the opportunities offered by local military spouses in your area...on pages 12 and 13!

March is Women's History Month

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of women whose commitment to nature and the planet have proved invaluable to society.



About Women's History Month

Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week." Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as "Women's History Week." In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, Presidents Clinton, Bush and Obama have issued a series of annual proclamations designating the month of March as "Women's History Month."

March 3rd marks 100 years since suffragists marched on Washington. Suffragists faced a difficult road in their march towards equality. Even women opposed giving women the right to vote. One letter called it "an endorsement of nagging as a national policy."



Eleanor Roosevelt votes in Hyde Park, New York, 11/03/1936 by the U.S. National Archives



Operation Purple

A program of the National Military Family Association

Ten years ago, the National Military Family Association heard the same thing over and over from military parents: "How can we help our kids deal with deployment?" Our answer? A free, week-long camp experience for military kids to get to know each other, share common bonds, and have a blast!

Operation Purple Camp offers military kids a time to get away and be kids in a stress-free environment. Campers ride horses, climb towers, plummet down water slides - all in a "purple" environment. The very name of the game is to bring kids of all ranks and services, including reserve and guard components, together to enjoy a very special week of camp. This experience is unmatched by any other programs currently serving military kids.

These days, what we're hearing from military parents is: "Thank you for Operation Purple camp!" Thousands of military children have experienced the joy of camp, and this year we are focusing on getting the word out to families who have never had the opportunity to share in the fun. If your child has attended Operation Purple in the past, tell a friend and encourage them to apply! The application is available now.

Website: <http://www.militaryfamily.org/our-programs/operation-purple/2013-camps/>



ORDINARY PEOPLE CHANGE THE WORLD.™

Local Babysitting Resources

La Mesa Babysitting Coop
POC Carah Tabar carahtabar@gmail.com

Babysitters Exchange (Facebook Page)
<https://www.facebook.com/groups/387982454548659/>

Fort Ord Babysitting Trade (Facebook Page)
<https://www.facebook.com/groups/354374547927290/>

Military SitterCity
www.sittercity.com/Military



Calendar of Events

March 2013

Sun Mon Tue Wed Thu Fri Sat

					1	2
3	4	5	6	7	8 Belly Busting Comedy Night @ the Presidio 10-11.30pm	9 MBOSC Bargain Fair @ La Mesa Community Center 9-12
10	11	12	13	14 St. Patrick's day Celebration @ the Trident Room 5-9pm	15	16 Hidden Hills Ranch Farm Day 11:00 am - 3 pm
17	18	19	20	21	22	23 Easter Egg Hun Tech Connection 12-3pm
24	25	26	27 Trivia Slam @ the Trident Room 5-6pm	28	29	30 "Bees & Honey" Science Saturday 11 am - 3 pm PG Museum of Natural History,
31 Easter Brunch @ the McNitt Ballroom 11am						

FFSC Workshops *Classes are free of charge. Space is limited. Please call ahead of time to reserve a spot. All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. **Childcare is available but must be arranged no later than 5 days prior to*

Available by appointment:

- Resume and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling
- Individuals, Couples & Family Counseling

FAMILY & LIFESKILLS
Couples Communication
 Mon, Mar 11, 3-5 pm

Military Basics for New Spouses
 Tue, Mar 12, 10-11:30 am

Stress/Time Management
 Thu, Mar 7, 10-11:30 am

Anger Management
 Thu, Mar 21, 10-11:30 am

EMPLOYMENT

Interviewing Skills
 Thu, Mar 7, 4-6 pm

Resume Writing
 Thu, Mar 21, 4-6 pm

FINANCIAL MANAGEMENT
Million-Dollar Sailor
 Saturdays, 8 am-4 pm

Car Buying Strategies (New/Used)
 Tue, Mar 19, 10 am-Noon

Credit Management
 Wed, Mar 6, 1-3 pm

Investment and Saving II
 Wed, Mar 13, 1-3 pm

RELOCATION

Smart Move (Transferring/PCS)
 Mon, Mar 18, 10-11:30 am

Post-Deployment/Return & Reunion
 Fri, Mar 29, 1-3 pm

IA Spouse Discussion/Support Group Meeting
 Wed, Mar 13, 11 am-Noon

SAPR (SAVI) Advocate Refresher Training
 Fri, Mar 15, 8 am-Noon

SAPR (SAVI) Advocate Initial Training
 Mon-Thu, Mar 25-28, 8 am-4 pm

For Command Appointed Personnel (available upon request)

- SAPR POC Training
- SAPR Liaison Training
- SAPR DCC Training
- Sponsor Training
- Ombudsman Training
- New Parent Support Home Visitor



Military Spouse - Owned Businesses

If you have a business you would like to see on here, please email me at npsombudsman@gmail.com. I will rotate duplicate business reps, such as Scentsy, Pampered Chef, Thirty One, etc each month on a first come, first served basis.

Creative Memories - Tami Cripe
[Www.mycmsite.com/tamicripe](http://www.mycmsite.com/tamicripe)

Mary Kay Consultant - Dwan Barker Muehling
<http://www.marykay.com/dmuehling>
816-721-9201

Scentsy Independent Consultant - Andrea Dillard
<https://andreadillard.scentsy.us>
443-844-8880

Thirty-One Gifts - JC Jones
www.mythirtyone.com/jcjones

Stella and Dot Independent Stylist - Jennifer Urban
<http://www.stelladot.com/urban>
910.650.2441
jenniferurban@yahoo.com

Lia Sophia - Elizabeth Bosse
334-355-8573
www.liasophia.com/elizabethbosse

Choffy Brewed Chocolate - A healthy alternative to coffee
Contact Joy Wilson for a free sample
<http://drinkchoffy.com/joy>
joyful704@gmail.com
831-521-8709

IT Works - Natalie Kelly
831-869-0814
withnatalieitworks@gmail.com

Erin White Photography
www.erinslens.com
Erin@erinslens.com

R Hess Photography-

Great Expectations" & "Itty Bitty" - by Rhonda
Specializing in affordable on location maternity & newborn portraits
rmhess@hotmail.com
831-663-6519
10% discount to military

Pampered.Chef Consultant - Jennifer Baker
Jenbaker00@gmail.com
www.pamperedchef.biz/jenbaker
254.630.3180

What I love Today Headbands & Jewelry

Designs by Rachel Renae Smith
<https://www.facebook.com/WhatILoveToday>

Hair by Tina - Tina Young
<https://www.facebook.com/pages/Hair-By-Tina/332872913477457?fref=ts>
912-674-1558

Body by Vi Challenge/ViSalus - Jessica Bryant
www.jessmbryant.bodybyvi.com/



Give Military Spouses who own businesses the support that they deserve!

Monterey Volunteer Opportunities

Relay for Life Needs Teams and Volunteers

The American Cancer Society's Relay For Life of Monterey Peninsula is 4-5 May 2013 at the Monterey Fairgrounds. The Planning Committee needs volunteers in the areas of Logistics, the Silent Auction, Publicity, as well as Advocacy, Activities Coordinator, Food Coordinator and more.

If you are interested in helping out the local community at this great event email Chris Payne, the Event Chair at rflcpayne@gmail.com. If you are interested in putting together a Relay Team, or need additional information about our event, check out the website at http://main.acsevents.org/site/TR?pg=entry&fr_id=48990.

The Boys & Girls Clubs of Monterey County

Become a Book Buddy, and change a life!

You can make the difference in a child's life by giving them the attention they need for homework and reading. At Boys & Girls Clubs of Monterey County, our goal is to empower our youth by giving them the tools necessary to succeed throughout grade school, high school, and into college.

